Baked Chicken Thighs and Vegetables

Chicken thighs, like the legs, are dark meat. They have more moisture naturally, and are easier to cut and eat than chicken legs. Sometimes, packages include legs and thighs. These can be great, as well. They are delicious whether barbecued, grilled, or smothered in mushroom sauce. Thighs cut easily after being cooked. They are a perfect meat to cook in water and chop to use on noodle recipes. Like other forms of chicken, under cooking can be dangerous, due to microorganisms. Over cooking can make it tougher. Using a meat thermometer will check for the perfect safe done time.

Precook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Barbecue Sauce (gluten, tomatoes)
- Butter (lactose)
- Chicken
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
Butter
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:
8 chicken thighs

Vegetables:
15 ounces of corn
15 ounces of peas
15 ounces of potatoes (mashed)

Other ingredients:
1/4 cup of barbecue sauce (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place chicken thighs in 1.5 quart oven safe pan.
2. Add enough water to cover the bottom of the pan well.
3. Drop about a tablespoon of barbecue sauce on each thigh.
4. Add a dash of salt across the pan.
5. Cover the pan and place in the oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 thighs per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.